

The Margaret Eaton School

Department of
Physical Education

Calendar
1925-1926

CORNER OF YONGE AND MCGILL STREETS
TORONTO

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The Margaret Eaton School

BERTRAM FORSYTH, B.A. (Oxon) - - - - Principal

Department of Physical Education

MARY G. HAMILTON - - - - - Director

Faculty, 1925-1926

MURIEL LANGTREE, Diploma from Bedford Physical College,
England.

BERNICE TAYLOR, Graduate of the Sargent School for Physical
Education, Cambridge, Mass.

WILLIAM A. COSTAIN, M.B., Department of Anatomy, Toronto
University.

ALISON MEWS, Royal Life Saving Society.

BERTRAM FORSYTH, Director of the Department of Literature
and Dramatic Art.

Special Instructors

LEON LEONIDOFF, of the Imperial Russian Ballet.

MADELEINE BOSS LASSERRE, Graduate of the Dalcroze School
of Eurythmics, Geneva, Switzerland.

Other special instructors are still to be appointed.

D. E. ROBERTSON, M.D., Examining Physician.

MARY M. THRALL, Secretary-Treasurer.

Staff of Camp Tanamakoon

In addition to selected members of the Faculty of the Department,
there will be special instructors for riding, canoeing, sailing, camp-
craft, and nature-lore. All trips will be taken under the supervision
of experienced guides.

Calendar 1925-1926

First Term	-	-	September 5th to November 28th
Second Term	-	-	November 29th to March 6th
Third Term	-	-	March 7th to May 27th

Camp Tanamakoon, September 5th to October 2nd

Christmas Vacation, December 23rd to January 5th

Easter Vacation, - - April 1st to April 6th

The School

Buildings and Location

CITY LOCATION :

For the year 1925-1926, the School has headquarters in the Margaret Eaton School Extension Building at the corner of Yonge and McGill Streets. In this building there has been installed a thoroughly equipped gymnasium, and an enlarged and remodelled swimming tank, with a modern filtration plant.

Residential accommodation assures to out-of-town students comfortable quarters and wholesome food during their years of study. As, however, the accommodation is limited, it is very desirable that applications for rooms should be made as early as possible. Details of prices and regulations will be sent on application.

THE SEPTEMBER CAMP.

The classes of the Physical Education Department will commence their regular courses of instruction at Camp Tanamakoon on September 5th. This plan of opening the season with a month's training under Camp conditions presents many attractive features.

Camp Tanamakoon is beautifully situated on White Lake, Algonquin Park, about two miles from Highland Inn, and the Park headquarters. The main building of the Camp consists of a large recreation room with fireplace, a screened-in dining-room, and a kitchen. Cabins along the Lake shore provide the campers' sleeping quarters.

A sandy beach and well-sheltered bay offer ideal conditions for swimming and canoe instruction; a level clearing back of the Camp gives ample space for games and athletics, and the network of lakes in the Park makes possible innumerable canoe-trips.

The Normal Course

The Department offers a Normal Course in Physical Education which demands matriculation or its equivalent at entrance, and gives the student at the end of two years' study a Teacher's diploma in Physical Education. This course aims to make its graduates competent to organize and take charge of every branch of physical training for girls.

The Practical Subjects of the course include Gymnastics on Swedish and American principles, Remedial Gymnastics, Practice Teaching, Folk and Aesthetic Dancing, Dalcroze Eurythmics, Fencing, Swimming, Life-saving, Archery, Track and Field Athletics, Indoor and Outdoor Games, including Ground-hockey, Ice-hockey, Basketball, Baseball and Tennis; also Voice Training and Dramatic Art.

The Theoretical Subjects of the course include Anatomy, Physiology, Hygiene, Anthropometry, Theory of Gymnastics, Theory of Games, Applied Anatomy, Physiology and Psychology of Exercise, Methods of Teaching, First Aid and Home-Nursing.

In September, at Camp Tanamakoon, in addition to the regular course of instruction, there will be special courses in Riding, Canoeing, Sailing, Camp-craft, and Nature-lore. Overnight canoe-trips will be taken from time to time under the supervision of experienced guides.

Subjects of Study in Detail

THEORY

History of Physical Education—This course covers a brief survey of the field of Physical Education from ancient to modern times.

Anatomy—This course includes study of the muscles, bones, joints, and of the various tissues; also of the nervous system, the vascular system, and the viscera.

Physiology—A study is made of the interrelation of various bodily functions. This course forms the basis of the work in Hygiene.

Hygiene—The object of this course is threefold:—First to give the student a scientific and practical knowledge of the means of maintaining health, for which purpose the general principles of hygienic living are studied, including the effect of air, food, sleep and bathing; second, to acquaint the prospective teacher with the principles of Hygiene in the choice of site, construction, and administration of rural and city schools, such topics being discussed as seating, ventilation, lighting, toilets, drinking fountains, etc.; and last to enable teachers to give instruction in Public Schools regarding health habits.

Anthropometry—Anthropometry treats of the theory of measurements of the human body; the work includes the taking of physical measurements, and the testing for normal eyesight and hearing.

Applied Anatomy—A study is made of the fundamental gymnastic movements and positions. The action of joints and muscles is studied in the natural movements of daily life, and in organized activities.

Remedial Gymnastics and Massage—Instruction is given in the causes and recognition of scoliosis, weak feet, and faulty posture, such as round shoulders, flat chest,

forward head, round back, etc. The practical course in massage considers the technique, methods, and means of applying this treatment.

A postural clinic is held twice a week which the Seniors attend in divisions. Programmes of exercises are prepared to meet individual needs.

Methods in Physical Education—This course has three objectives, namely, to discuss the history and principals of the so-called "Systems" of gymnastics; to study the character, selection and arrangement of gymnastic exercises and activities; and to study programmes and rules governing Field Days and Athletic Meets, Summer Camp routine, and standard physical tests.

Theory and Practice of Games—This course includes a study of child psychology and the various Theories of Play to aid the student in determining games suitable for all ages. The practical material presented includes games ranging from singing games to those more highly organized; all are discussed and classified according to their value for different age groups.

First Aid and Home Nursing—A complete course of instruction is given in quick and efficient treatment in cases of accident, in the prevention of illness, and in the care of the sick in the home. It leads, upon examination, to the certificates of First Aid and Home Nursing of the St. John's Ambulance Association.

PRACTICE

Practice—The Department devotes sufficient time to the practical side of the work, to give the student a working knowledge of all the practical subjects included in the curriculum. (See page 5).

Practice Teaching—In addition to the regular periods of practice teaching, the students of the Senior year take charge, under the supervision of the Department, of classes of Public School children.

Swimming—The instruction in swimming, includes Life-saving, Water Sports, and Diving. An opportunity is given the students of qualifying for the Bronze, Silver and Gold medallions of the Royal Life Saving Society.

Sports and Athletics—Exceptional opportunities for practice in Land and Water Sports and Athletics are provided in the city and also at Camp Tanamakoon.

GYMNASIUM COSTUME

Students are required to wear the regulation costume for both School and Camp, information regarding which will be sent to each applicant.

ADMISSION

Students must be examined by the School Medical Officer, whose decision as to their physical fitness is final.

Each candidate enters for one term on trial in order that her suitability for the work may be determined.

A student may be required at any time to withdraw if her work or conduct is not satisfactory.

GENERAL REGULATIONS

Except in a case of sudden illness or emergency, no student may absent herself from any lecture or examination, without previous permission from the Director.

Students may not take teaching engagements without permission from the Director.

EXAMINATIONS AND DIPLOMA

Term examinations are held in each subject, the students being required to obtain a pass standing of 50%.

The Diploma will be awarded only to students obtaining a minimum of 50% in each subject, and of 60% on the total examining throughout the year.

An Honor Diploma is awarded to a student who obtains 75% in each subject.

AWARDS

The following prizes can be won only by students who register at the beginning of the year.

The Edith K. Amsden Cup for Swimming.

The Margaret Eaton School Athletic Association Sports Cup.

The Margaret Eaton School Athletic Association Sports Medal.

The Athletic Association Pin, offered to all students who obtain eighty per cent. in all the practical Physical Training subjects, and the theory of those subjects, during the two years of their course.

The Gold Medal for the highest standing in practice and theory in the graduating class.

FEES AND OTHER EXPENSES

Fees must be paid at the beginning of each of the three School terms. No reduction will be made for absence unless an entire term be lost through illness.

School Feeper term \$100.00

School Feeper year \$300.00

Examination Fee 10.00

Books and general expenses, not more
than 25.00

Approximate cost of outfit, including both
Camp and School costume, Ground
Hockey sticks, etc. 50.00

A list of requisites will be sent to each new student.

Athletic Association Subscription, per year 3.00

Gymnasium Locker Feeper year 2.00

The cost of instruction at Camp Tanamakoon for the month of September is included in the regular fees of the Normal Course. Camp living expenses will be regulated by the cost at the School Residence, namely \$12.00 per week, or \$48.00 during the four weeks' course of Instruction.

Special Courses and Private Lessons

These courses are open to all interested. No previous special Academic standing is required, and, if desired, a certificate will be granted for work covered.

Special arrangements for small classes may also be made.

Practice in Physical Education, 2 hours a week.....	per term	\$10.00
	per year	25.00
Swimming.....	per term	8.00
The Children's Saturday Morning Dancing Classes	per term	8.00
The Children's Class in Swimming...	per term	8.00
Gymnasium Locker Fee.....	per year	1.00

Evening Classes, beginning October 5th, 1925.

Wednesday Evening—

Physical Training.

7.30 p.m.

8.30 p.m.

per term of 10 lessons..... \$6.00

per season 10.00

Swimming—Miss Alison Mews, Instructor.

6.30 to 9.30 p.m. (forty-five minute lessons).

per term of 10 lessons..... 7.00

Fees are payable strictly in advance.

All cheques and money orders should be made payable at par in Toronto, to The Margaret Eaton School.

For further information, address

MISS MARY M. THRALL,
Secretary Margaret Eaton School,
Corner Yonge and McGill Sts., Toronto.
Telephone Randolph 4544.

TEXT-BOOKS.

A Text-Book of Gymnastics.—K. A. Knudsen.

First Aid to the Injured.

Home Nursing.

The Human Body.—Martin.

Anatomy and Physiology.—Jessie Feiring Williams, M.D.

Games for Home, School and Playground.—Bancroft.



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